

Pork Tenderloin with Onion Sauce

Looking for a dinner recipe that warms you up on a cold night? You've found it.



This recipe, which pairs pork tenderloin and brown rice, is the perfect way to warm up on a cold night. It's a friendly meal for people with diabetes, too.

Ingredients:

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|---------------------------------------------------------------------------|-----------------------------------------------|
| 2/3 cup brown rice | 2 cups diced portabella mushrooms |
| 1 2/3 cups water | 2 medium garlic cloves, minced |
| 1 pound pork tenderloin, cut into 8 slices, pounded to 1/8-inch thickness | 3/4 teaspoon Dijon mustard |
| 1 teaspoon salt-free grilling seasoning blend | 2 teaspoons whole-wheat flour |
| 3 teaspoons canola oil, divided | 1/2 cup water |
| 1 cup thinly sliced onions | 2 teaspoons low-sodium beef bouillon granules |

Preparation:

Bring rice and water to a boil. Reduce heat to low and simmer, covered, until tender and most of the liquid has been absorbed, about 40-50 minutes. Let stand for 5 minutes, then fluff with a fork.

Meanwhile, sprinkle both sides of the pork with seasoning blend.

Heat 1 teaspoon of canola oil in a large nonstick skillet over medium-high heat. Tilt skillet to coat bottom. Add half of the pork slices and cook 2 minutes; then turn and cook 1 minute or until juices run clear. Set aside on a plate. Repeat with 1 teaspoon of canola oil and remaining pork and place on the plate.

Heat remaining 1 teaspoon of canola oil. Tilt skillet to coat the bottom and add onions and mushrooms. Reduce heat to medium and cook for 3 minutes or until onions are translucent. Stir in garlic. Remove skillet from heat and stir in remaining ingredients until well blended.

Return to heat and add pork and any accumulated juices. Turn pieces over several times to coat with onion mixture. Reduce to medium-low heat, cover tightly and simmer 10 minutes or until pork is very tender.

Serving = 2 pieces of pork

Carbohydrate Exchange: 2

Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 319

Fat 7 g

Saturated fat 1 g

Cholesterol 82 mg

Protein 31 g

Carbohydrates 31 g

Fiber 3 g

Sodium 100 mg

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